



City of Paris, Tennessee

100 North Caldwell Avenue – Post Office Box 970
Paris, Tennessee 38242 – Phone (731) 641-1402 – Fax (731) 641-1424

Employee Wellness Incentive Program

The purpose for the Wellness Program is to provide incentives for employees of the City of Paris to undertake healthy practices of exercise, education and preventive healthcare activities. The employee who earns the most points in the next three months will get to choose from one day of comp time or a Fitbit! It is hoped that the program will offer encouragement for improving the overall health of our employees.

Any employee who documents participation in approved wellness, education and preventative health activities will be eligible. A point will be earned for every 30 minutes of an approved wellness activity an employee completes. A point will also be earned for every education activity and / or preventative health activity that is completed. The more activities an employee completes the more points they earn.

The following list of activities will be eligible for consideration of meeting the required activities.

Exercise

Walking/running/jogging programs
Fitness and Yoga classes (including but not limited to aerobics, kickboxing, spinning, water aerobics, and Zumba classes)
Participation in running and triathlon events
Bicycling
Swimming
Weight training
Organized sports leagues

Education

Nutritional classes
Weight loss program sessions
Smoking cessation classes
HCMC sponsored health education programs

Preventative Care

Screening mammograms
Annual Pap Smear

Screening colonoscopy
Dental Check-ups
Vision Check-ups
Annual physicals (not sick visits)
Delta Grant Chronic Disease Management Program
PSA screening

Wellness Challenge Calendar

January- Water challenge
February- Increase your fruits and vegetables
March- Walking to improve your health

Documentation of participation in wellness and prevention activities will be made on the designated Activity Card that that can be picked up at the Civic Center or at the City Hall Business Office.

The card will document the approved activity, the date of the activity, the location of the activity and a corroborating signature of the responsible individual who observed the completion of the activity. This person could be a class instructor, health provider, educator or fellow participant if the activity is done as an informal exercise program.

Individual workouts by an employee (outside a formal activity with no other witnesses) will be accepted with the employee's or family member's attestation.

Documentation of participation is reliant upon the honor system. If it is abused or if the employee is found to be falsifying the documentation the employee will be dropped from the program and subject to disciplinary action for falsifying records.

The program will officially begin Sunday, January 1, 2017. Activities completed before January 1st will not be considered. The program will end on Friday, March 31, 2017. The winner will be announced on Friday, April 7, 2017.

To be eligible for the reward of the most points, you must return your activity card to the Civic Center or the City Hall Business Office by the end of the work day on Monday, April 3, 2017.